



## Peach-Mango Sunrise Poke Cake

 Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



213 kcal

DESSERT

### Ingredients

- ☐ 1 box cake mix white
- ☐ 1 box gelatin powder (4-serving size)
- ☐ 1 cup water boiling
- ☐ 0.5 cup water cold
- ☐ 8 oz non-dairy whipped topping frozen thawed
- ☐ 0.3 cup 3 large clementines fresh diced finely

### Equipment

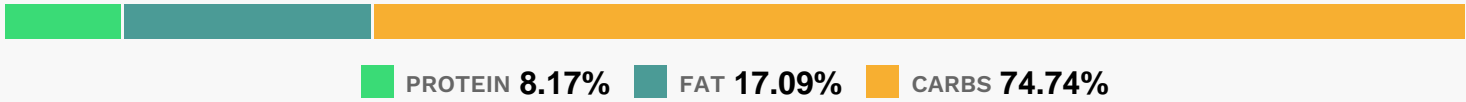
- ☐ bowl

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Make and bake cake mix as directed on box for 13x9-inch pan, using water, oil and eggs. Cool completely, about 1 hour.
- ☐ Use fork to poke holes all over top of baked cake.
- ☐ In small bowl, dissolve gelatin into boiling water. Stir in cold water.
- ☐ Drizzle mixture over top of cake. Refrigerate 2 to 3 hours, allowing gelatin to set.
- ☐ Serve cake topped with whipped topping and fresh fruit.

## Nutrition Facts



## Properties

Glycemic Index:5.83, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:4.0969565497792%

## Nutrients (% of daily need)

Calories: 212.74kcal (10.64%), Fat: 4.08g (6.27%), Saturated Fat: 2.98g (18.61%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 39.54g (14.38%), Sugar: 23.04g (25.6%), Cholesterol: 0.38mg (0.13%), Sodium: 318.28mg (13.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Phosphorus: 161.12mg (16.11%), Calcium: 111.42mg (11.14%), Folate: 32.61µg (8.15%), Selenium: 5.09µg (7.26%), Vitamin B2: 0.12mg (6.9%), Vitamin B1: 0.1mg (6.81%), Vitamin B3: 1.08mg (5.4%), Iron: 0.89mg (4.95%), Copper: 0.09mg (4.7%), Manganese: 0.09mg (4.6%), Vitamin E: 0.48mg (3.19%), Vitamin C: 2.41mg (2.92%), Fiber: 0.56g (2.23%), Magnesium: 7.36mg (1.84%), Vitamin K: 1.77µg (1.68%), Potassium: 54.9mg (1.57%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.14mg (1.37%)